














# St Louis Community Social Program Victor Harbor

## August 2021



**Book your social event today. Phone (08) 8552 1481 (bookings essential)**

Note: Outings may be cancelled due to inclement weather. Payment for these outings can come from your Home Care Package or paid for privately.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 Home Visits with Colette	31  Hydrotherapy Darenberg Cube & Lunch					1
2 Home Visits with Colette	3 Hydrotherapy 	4  Strathalbyn Motor Museum & Lunch	5	6	7	8
9  Pennylane Patchwork	10 Hydrotherapy 	11  Chair Exercise Class	12	13	14	15
16  Discover the wonders of YouTube	17 Hydrotherapy 	18	19  Plant Traders-Garden Group	20	21	22
23 Home Visits with Colette	24 Hydrotherapy 	25  Chair Exercise Class	26  Hopgood Theatre & Lunch	27	28	

### Public Holidays 2021

**Monday 4 October 2021**  
Labour Day

**Saturday 25 December 2021**  
Christmas Day

**Sunday 26 December 2021**  
Boxing Day

Note: Our hot weather policy states that if the forecast is over 35 degrees then unfortunately the trips will be postponed to a cooler day. You will be phoned the day before to confirm a pick up time.

Please turn over to see more details.

**Phone 8552 1481**

31 Victoria Street  
Victor Harbor SA 5211

[www.stlouisagedcare.com.au](http://www.stlouisagedcare.com.au)

# St Louis Community Social Program Victor Harbor August 2021

## Hydrotherapy Classes – Every Tuesday

Muscles and joints feeling sore and tight? Maybe this might help relieve some pain. You will need to be assessed by Joe our physio before accessing the pool. We can help transport you to and from the Fleurieu Aquatic Centre.

**Time:** We have several time slots available.

**Cost:** Please direct all calls to Joe, Physiotherapist 8332 0950.

## Monday 2nd, 23rd & 30th August – Home Visits

Meet Colette in the comfort of your home to discuss your individual social needs. This may be individual 1:1 social support or to find out more about the Monthly Social Program and its activities.

**Please call Colette on 8552 1481 to make a booking.**

## Wednesday 4th August – Strathalbyn Motor Musuem & Lunch

Join us in Strathalbyn where we will see displays of vintage vehicles, motor-cycles and automotive memorabilia. Lunch will be at the historic Strathalbyn Commercial Hotel. Limited seats. Call Colette to book on 8552 1481.

**Address:** We will be leaving and returning to St Louis on Sea, 20 Esplanade Victor Harbor. Please let your coordinator know if you require transport.

**Time:** 10.00am – 3.00pm

**Cost:** \$216.00 will be deducted from your Home Care Package.

## Monday 9th August – Pennylane Patchwork

Limited spaces available. Experience not essential (you may just want to join us for a chat and cuppa). A tutor will guide you every step of the way. Price includes morning tea and materials. Please bring a little sewing kit with you.

**Address:** 54 Victoria St, Victor Harbor (very close to our office, 3 hour parking out the front). **Time:** 9.30am – 12.30pm

**Cost:** \$85.00 will be deducted from your Home Care Package

## Wednesday 11th & 25th August – Armchair Easy Moves

Do you feel the need to move and stretch your body? Join me in the comfort of a chair for some gentle easy movement. Morning Tea will be provided.

**Address:** 20 Esplanade, Victor Harbor. Please let your coordinator know if you would like transport. **Time:** 10.30am – 12.00 noon

**Cost:** \$60.00 will be deducted from your Home Care Package.

## Monday 16th August – Discover the wonders of You Tube

Join me on a discovery tour of You Tube, where we can travel the world, listen to music, marvel at famous gardens or even take a scenic railway journey to name just a few. Lunch will be provided. Please let your coordinator know if you would like us to arrange transport.

**Address:** St Louis on Sea, 20 Esplanade, Victor Harbor.

**Time:** 11.00am – 1.30pm

**Cost:** \$71.00 will be deducted from your Home Care Package.

## Thursday 19th August – Plant Traders- Garden Group

Come along, bring some cuttings, spare plants, seeds etc and share amongst the gardening group. Over lunch we will discuss all things gardening and look ahead to what to plant in our Spring Gardens. Please let your coordinator know if you would like us to arrange transport.

**Address:** St Louis on Sea, 20 Esplanade, Victor Harbor.

**Time:** 11.00am – 1.30pm

**Cost:** \$75.00 will be deducted from your Home Care Package.

## Thursday 26th August – Hopgood Theatre & Lunch

Join us at Hopgood Theatre for a live matinee performance showcasing the music of “the big three” Pavarotti, Domingo, and Carreras. Lunch will then be enjoyed at the Colonnades Tavern. Limited tickets available, please book as soon as possible to avoid disappointment. *Please note: a cancellation fee will apply due to pre purchase concert tickets.* **Time:** 9.00am – 3.00pm

**Address:** We will be leaving and returning to St Louis on Sea, 20 Esplanade Victor Harbor.

**Cost:** \$268.00 will be deducted from your Home Care Package.

## Tuesday 31st August – Darenberg Cube and Lunch

Come and visit the world famous D’arenberg Cube and its Alternate Realities Musuem. Lunch will follow at the Cottage Bakery in the Main Street of McLaren Vale. Limited seats will be available. **Time:** 9.30am – 3.00pm

**Address:** We will be leaving and returning to St Louis on Sea, 20 Esplanade Victor Harbor.

**Cost:** \$221.00 will be deducted from your Home Care Package.

*Please note: a cancellation fee will apply due to having to pre purchase tickets for the D’arenberg Cube Visit*

**Call 8552 1481** to reserve your spot today